

READ THROUGH THIS SCENARIO AND CONSIDER THE REFLECTION QUESTIONS BELOW.



**Youth:** “I think it’s time that I start using birth control. Do you know where I can go to get it?”

**Health Educator:** “I’m glad you asked! Do you have a few minutes to talk about which birth control options you might be interested in? Then we can talk about the health centers in our community that provide those options.”

**Reflection Questions:**

- In what ways was the health educator askable?
- What else could she say to provide support to this young person?

## How to be Askable

- Convey warmth through body language
- Use a nonjudgmental tone of voice
- Use open-ended questions
- Practice active & reflective listening
- Do not make assumptions
- Give affirmations; do not deny, criticize or shame
- Make sure conversation focuses on adolescent
- Provide clear information, no opinions
- Discuss confidentiality

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**Youth:** “I have been feeling really stressed out lately. My mind is racing all the time and I can’t sleep. I don’t know what to do.”

**Coach:** “Stress can definitely impact how we feel both physically and mentally. Can you tell me more about what you are feeling stressed about?”

**Reflection Questions:**

- In what ways was the coach askable?
- What else could he say to provide support to this young person?

## How to be Askable

- Convey warmth through body language
- Use a nonjudgmental tone of voice
- Use open-ended questions
- Practice active & reflective listening
- Do not make assumptions
- Give affirmations; do not deny, criticize or shame
- Make sure conversation focuses on adolescent
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**Counselor:** “I’m glad you set up an appointment to meet with me. Before we get started, I want you to know that anything you say here will be kept private. The only information I am required to share is if you are being hurt by someone or if you might hurt yourself or someone else. Do you have any questions about this before we discuss what brought you in today?”

**Reflection Questions:**

- In what ways was the counselor askable?

## How to be Askable

- Convey warmth through body language
- Use a nonjudgmental tone of voice
- Use open-ended questions
- Practice active & reflective listening
- Do not make assumptions
- Give affirmations; do not deny, criticize or shame
- Make sure conversation focuses on adolescent
- Provide clear information, no opinions
- Discuss confidentiality